

## HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY—TRY THIS!

Says glass of hot water with  
phosphate before breakfast  
washes out poisons.

To see the tinge of healthy bloom  
in your face, to see your skin get  
clearer and clearer, to wake up with-  
out a headache, backache, coated  
tongue or a nasty breath, in fact to  
feel your best, day in and day out, just  
try inside-bathing every morning for  
one week.

Before breakfast each day, drink a  
glass of real hot water with a tea-  
spoonful of limestone phosphate in it  
as a harmless means of washing from  
the stomach, liver, kidneys and bowels  
the previous day's indigestible waste,  
sour bile and toxins; thus cleansing,  
sweetening and purifying the entire  
alimentary canal before putting more  
food into the stomach. The action of  
hot water and limestone phosphate on  
an empty stomach is wonderfully in-  
vigorating. It cleans out all the sour  
fermentations, gases and acidity and  
gives you a splendid appetite for  
breakfast.

A quarter pound of limestone phos-  
phate will cost very little at your drug-  
gist or general store, but is sufficient  
to demonstrate that just as soap and  
hot water cleanses, sweetens and  
freshens the skin, so hot water and  
limestone phosphate act on the blood  
and internal organs. Those who are  
subject to constipation, bilious attacks,  
acid stomach, rheumatic twinges, also  
those whose skin is sallow and com-  
plexion pallid, are assured that one  
week of inside-bathing will have them  
both looking and feeling better in ev-  
ery way.—Adv.

### Safe Bet.

She—if fashion makes our dresses  
any shorter I don't know what we'll  
do.

He—I do; you'll wear them.

## RELIABLE REMEDY RESTORES KIDNEYS

For many years druggists have watched  
with much interest the remarkable record  
maintained by Dr. Kilmer's Swamp-Root,  
the great kidney, liver and bladder rem-  
edy.

It is a physician's prescription.  
Swamp-Root is a strengthening me-  
dicine. Dr. Kilmer used it for years in his  
private practice. It helps the kidneys,  
liver and bladder do the work nature in-  
tended they should do.

Swamp-Root has stood the test of years.  
It is sold by all druggists on its merit  
and it will help you. No other remedy can  
successfully take its place.

Be sure to get Swamp-Root and start  
treatment at once.

However, if you wish first to test this  
great preparation send ten cents to Dr.  
Kilmer & Co., Binghamton, N. Y., for a  
sample bottle. When writing be sure and  
mention this paper.—Adv.

His Idea.  
"What is the scope of a subma-  
rine's activity?"  
"Why, ain't it the periscope?"

## DON'T LOSE ANOTHER HAIR

Treat Your Scalp With Cuticura and  
Prevent Hair Falling. Trial Free.

For dandruff, itching, burning scalp,  
the cause of dry, thin and falling hair,  
Cuticura Soap and Ointment are most  
effective. Touch spots of dandruff and  
itching with Cuticura Ointment. Then  
shampoo with Cuticura Soap and hot  
water. No treatment more successful.

Free sample each by mail with Book.  
Address postcard, Cuticura, Dept. L,  
Boston. Sold everywhere.—Adv.

A good many New Year resolutions  
are only skin deep.

## Children Who Are Sickly

When your child cries at night, tosses  
restlessly in his sleep, is constipated,  
feverish or has symptoms of worms, you feel  
wretched. Mothers who value their own  
comfort and the welfare of their children,  
should never be without a box of

## Mother Gray's Sweet Powders for Children

for use throughout the sea-  
son. They tend to break  
up colds, relieve feverish-  
ness, constipation, Teething  
Disorders, move and  
regulate the bowels and  
destroy worms. These  
powders are pleasant to  
take and easy for parents  
to give. They cleanse the  
stomach, act on the liver  
and give healthy sleep  
by regulating the child's  
system.

Used by mothers for 25 years. Sold by all  
druggists, 25 cts. Sample mailed FREE.  
Address, Mother Gray Co., Le Roy, N. Y.  
Be sure you ask for and obtain  
Mother Gray's Sweet Powders for Children.



## Constipation Vanishes Forever

Prompt Relief—Permanent Cure  
CARTER'S LITTLE  
LIVER PILLS never  
fail. Purely vegeta-  
ble—act surely  
but gently on  
the liver.

Stop after  
dinner dis-  
tress—cure  
indigestion,  
improve the complexion, brighten the eyes.  
SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. N. U., DETROIT, NO. 9-1916.

## HANDICRAFT FOR BOYS AND GIRLS

By  
A. NEELY HALL and DOROTHY PERKINS

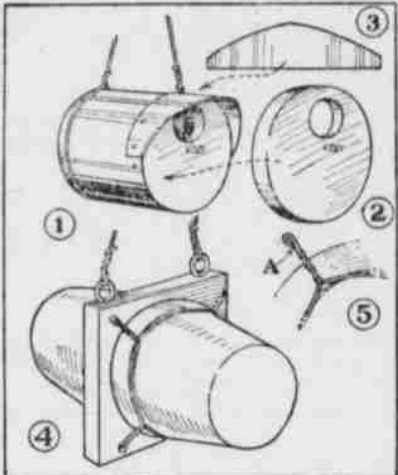
(Copyright, by A. Neely Hall)

### HOMES FOR BIRDS.

It is every one's duty to look to the  
protection of our rapidly disappear-  
ing birds, and I want every reader of  
this article to put up at least one nest-  
ing box this spring in some place  
secure from cats and other bird en-  
emies.

Tin cans, flower pots, boxes—I  
could name a hundred pick-up materi-  
als that can be used. The house in  
Fig. 1 requires a tomato can. Cut a  
wooden disk to fit snugly in the opened  
end of the can (Fig. 2), and bore a  
hole through it for a doorway—seven-  
eighths inch in diameter for a wren  
house, or one and one-half inches in  
diameter for a bluebird house. Fasten  
the disk in the end of the can with  
short nails. Then make a can-  
opy out of a piece of tin of the shape  
shown in Fig. 3, and fasten it over  
the doorway.

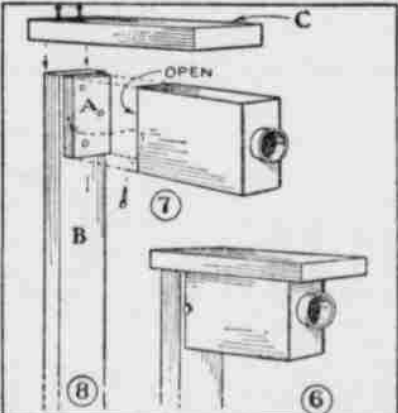
The double apartment bird house in  
Fig. 4 is a suggestion for utilizing



flower-pots. Get two pots of equal  
size. The bottom holes must be large  
enough for doorways, and can be en-  
larged with a file or by chipping away  
the flower-pot.

Cut a square piece of board a trifle  
larger than the pots, to fasten the  
pots to (Fig. 4), then pass a loop of  
wire around each pot, making the  
loop large enough so it can be twisted  
in four places into straps (A, Fig. 5).

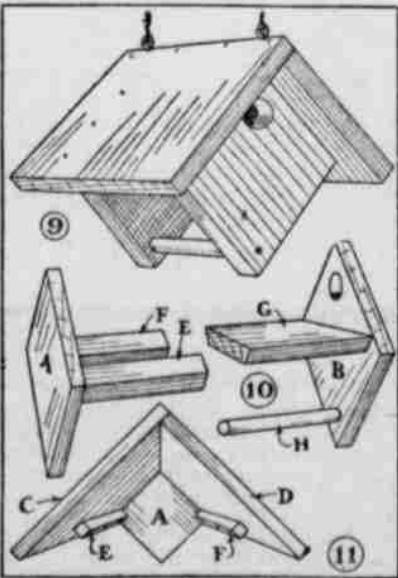
The mouth of a varnish can is a  
splendid opening for a bird house  
doorway, as you can readily see by  
the house shown in Fig. 6. Any painter  
will give you an empty can. Remove  
the bottom (Fig. 7), cut a block of



wood to fit in this open end (A, Fig.  
8), nail this block to the side of a long  
pole support (B) about one-sixteenth  
inch below the top, and fit the var-  
nish can over this block. For a roof,  
nail one end of a short board to the  
top of post B (C, Fig. 8).

Pierce a hole through each side of  
the can, and in block A, for a short  
nail, to hold the varnish can in place  
(Fig. 8).

The wooden house in Fig. 9 is sim-  
pler to construct than the illustration  
might lead you to suppose. Cut end  
pieces A and B (Fig. 10) eight inches  
square, and roof boards C and D 12  
inches wide—C 11 inches long and D  
enough shorter to allow for the lap-  
ping of C over the edge of D (Fig. 11).  
Nail C and D, then nail the  
two to end A, allowing a projection of



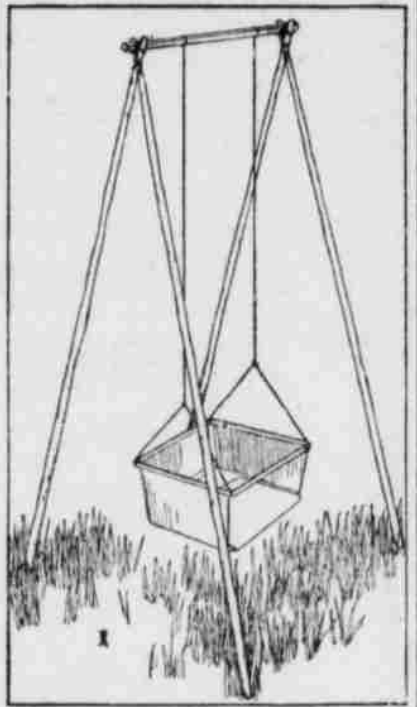
2 inches. Do not nail the roof to  
end B, because that end is to be re-  
movable to provide for cleaning the  
inside of the house. Cut E and F  
(Fig. 11) six inches long, and nail  
them to the under side of the roof  
boards with their ends even with the  
corners of end A. Then cut the floor  
board G with beveled edges to slide  
between E and F (Fig. 10).  
Cut the perch stick H to fit between  
ends A and B, and fasten it with  
screws

### A DOLL SWING AND A DOLL HAM- MOCK.

For the doll swing (Fig. 1), you  
need four sticks about 24 inches long  
for the supports, a piece 10 inches  
long for the top crosspiece, and a pint-  
size fruit box.

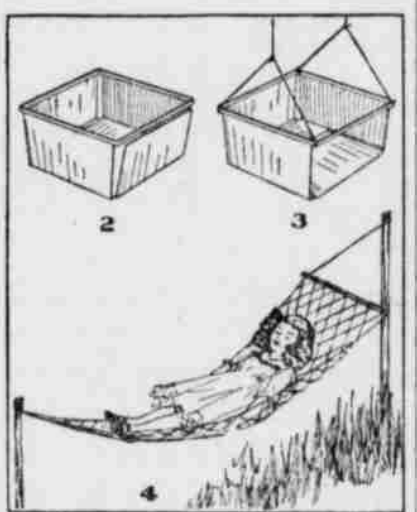
If you can get four straight pieces  
of tree branches they will do nicely  
for the supports.

Figures 2 and 3 show how the cherry  
box is converted into the swing seat.



Slip the top edge of one side of the  
box from the tin binding by which  
the box is held together (Fig. 2), fold  
the side over on to the inside of the  
box bottom, and glue or sew it to the  
bottom (Fig. 3).

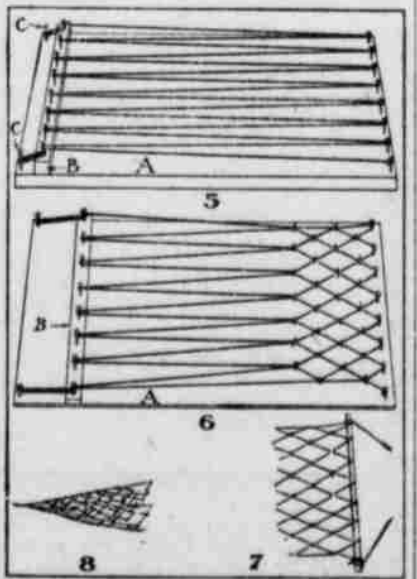
The doll hammock (Fig. 4) is made  
of string. You will need a board 24  
inches long and 12 inches wide on  
which to form the hammock network



(A, Fig. 5). Drive a row of nails into  
the board, close to one end, about one  
inch apart, then take a stick and drive  
a row of nails into it at the same dis-  
tances apart (B, Fig. 5). Stick B is  
held to board A, by means of a pair  
of heavy rubber bands looped over a  
pair of nails C driven into board A,  
and over the end nails in strip B.

With board A and strip B thus pre-  
pared, take the string, tie one end to  
one end nail in strip B, and loop  
back and forth from one row of nails  
to the other, as shown in Fig. 5.

Cut up 100 or more very short  
pieces of string. Then, beginning  
about one inch from the row of nails  
in board A, catch the strands to-  
gether, two by two, and tie with the  
pieces of string. Tie hard, secure  
knots. With one row of knots tied,  
make a second row one inch away  
from the first, picking the pairs of



strands that will make the knots  
come halfway between those of the  
first row. Then make a third row  
one inch from the second row, with  
the knots in line with those of the  
first row, a fourth row one inch from  
the third row in line with the second,  
and so on until stick B is reached.

As the strands are tied they will be-  
come shorter, and this shortening will  
be taken care of by the rubber bands,  
which will allow stick B to slide  
along board A, as shown in Fig. 6.

With the strands knotted, remove the  
loops from one row of nails and slip  
them over a short stick (Fig. 7).  
Then tie together the opposite loops  
as shown in Fig. 8. Suspend the ham-  
mock between two stakes, as indicat-  
ed in Fig. 4.

## INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of  
Sunday School Course, Moody Bible  
Institute.

(Copyright, 1916, Western Newspaper Union.)

### LESSON FOR FEBRUARY 27

#### THE SEVEN HELPERS.

LESSON TEXT.—Acts 6.  
GOLDEN TEXT.—Bear ye one another's  
burdens, and so fulfill the law of Christ—  
Gal. 6:2.

It would be a source of great bless-  
ing if every teacher and scholar would  
read through the book of Acts several  
times during the year. Such reading  
will give vision, inspiration and a  
more comprehensive idea of the con-  
tinuation of what Jesus "began" and  
which record is not yet fully written.  
The time of this lesson is about A. D.  
35, though Ramsey places it at 32, 33;  
and the place, the city of Jerusalem.  
I. The Occasion, vv. 1-2. For a time  
the preaching of the Gospel of Jesus  
continued in Jerusalem, but soon the  
pressure of circumstances thrust it  
forth as prophesied (1:8). There  
were two groups of men in the early  
church: those who had been born in  
Judea who spoke Hebrew (Aramaic)  
and those born in foreign cities and  
who spoke the Greek language. Trou-  
ble arose over the distribution of funds  
among certain of the dependent wid-  
ows—the text suggests "secret dis-  
pleasure." There was imperfection  
selfishness, suspicion and jealousy in  
that early church.

II. The Method, vv. 3, 4. It does not  
appear that God gave the church a  
cut and dried program according to  
which it must act. Certainly the  
church had no precedent to follow  
and step by step God was developing  
it. This lesson gives us a suggestion  
of those steps: (1) As the occasion  
demanded, (2) The Apostles refused  
to diminish their praying and preach-  
ing, literally it was "not pleasing" to  
God for the Apostles to "serve tables."  
Such work must be done, certainly,  
but it was not to be done by these  
God-appointed and selected leaders,  
their duty was clearly stated. The  
minister's business is praying and  
ministering the word. These things  
should fully engage his attention, and  
in them he is "to continue steadfast-  
ly." The minister cannot manifestly  
"know more about books than the  
schoolteacher; more about politics  
than the politician; more about medi-  
cine than the doctor; more about  
psychology than the college profes-  
sor." No, that is out of the question,  
though he should be intelligent in  
these lines. But he should be pre-  
eminent in prayer and in the min-  
istry of the word, and furthermore he  
should preach that word pre-eminently.  
(3) The church, not the apostles,  
must needs select these new of-  
ficials. (4) The qualifications of  
these men, who were thus to care  
for these temporal affairs, were (a)  
"men of good report," not those bear-  
ing doubtful reputations, nor chosen  
because they were rich or shrewd in  
business, (b) "full of the spirit," it  
demands the Spirit-filled man to look  
after financial affairs as certainly as  
it does to teach or preach the word  
(c) "full of wisdom." Men of com-  
mon sense, a quality often sadly lack-  
ing among spiritually-minded men.  
Men meeting such qualifications will  
be men of "the spirit of power, of  
love, and of a sound mind" (literally  
sound sense). (II Tim. 1:7).

III. The Method of Choosing, vv. 5, 6.  
(1) The people did the choosing. The  
early church seems to have been re-  
markably democratic. (2) The choice  
was made after, and not before, pray-  
er had been offered. This is a sug-  
gestion and a warning for present-day  
practice of choosing church officials.  
(3) It was a legal selection, not the  
selection of a minority, and it was  
confirmed by the laying on of the  
hands of the apostles.

IV. The Result, vv. 7, 8. First of all  
upon the people. (1) The word "in-  
creased." (2) The number of disci-  
ples "multiplied greatly." (3) Some of  
the priests of the Jews were "obedi-  
ent to the faith." Secondly, the re-  
sult in the lives of the thus chosen  
and Spirit-anointed men gave evidence  
of the good hand of God. They were  
"full of grace" (Eph. 4:9, Acts 15:15);  
they were "full of power" (1:8). The  
first two of them soon became great  
and mighty preachers as well. In-  
deed as far as we can read they even  
outstripped the apostles themselves  
in real achievement for God. Ste-  
phen, of course, stands out pre-emi-  
nently. His character is suggested in  
verse eight. He was (a) "full of faith,"  
(b) "full of the Holy Spirit," (c) "full  
of grace" (R. V.), (d) "full of power."  
How sad it is that so frequently our  
churches fail to make a wise and  
spirited choice of its leaders, and are  
content with few, or perhaps none, be-  
ing added to its membership.

No man is fit to be an officer in the  
church of Christ unless he is filled  
with the Holy Spirit, (Acts 1:8, Luke  
24:49).

Such a man will always stir up op-  
position to the powers of evil, even as  
did Stephen.  
Those who opposed Stephen were  
moral and religious men (v. 9). Fre-  
quently the opposition a Spirit-filled  
man encounters is not from the im-  
moral, the worldly, or the utterly un-  
godly; but those who stand out  
against him, and reason against him  
(v. 10), and often seek to kill him  
are moral and religious men.

## THE EUROPEAN WAR A YEAR AGO THIS WEEK

Feb. 21, 1915.  
Russians forced the fighting from  
East Prussia to Bukovina.  
Berlin reported sinking of Brit-  
ish transport loaded with troops.  
American steamer Evelyn sunk  
by mine off Holland; eight lost.  
German submarine U-12 sank  
British steamer Downshire.  
German airmen dropped bombs  
on Colchester, Coggeshall and  
Braintree, England.  
Reims again bombarded.

Feb. 22, 1915.  
Russians made progress in Gal-  
icia and the Carpathians.  
Turks massacred Armenians in  
the Caucasus.  
United States presented notes to  
Great Britain and Germany propos-  
ing modifications of blockade de-  
crees.  
Zeppelin bombarded Calais, kill-  
ing five persons.  
Germany denied charges of cru-  
elty to war prisoners.

Feb. 23, 1915.  
Germans bombarded Reims with  
Austrian 12-inch howitzers.  
Russians forced Germans back  
along the Bobr and repulsed Aus-  
trians near Krasne.  
Germans assembled great force  
at Przemyśl.  
American steamer Carib sunk by  
mine; three lost.  
Germany included Orkney and  
Shetland islands in war zone.

Feb. 24, 1915.  
Russians won in Carpathians near  
Uzok pass.  
British captured German steam-  
er Gotha.  
Steamers Hypalon and Roy Para-  
na torpedoed in English channel.  
Germany promised to respect  
Italian flag.  
Three British aviators lost in  
raid on Belgium.  
Russia presented to neutral na-  
tions note accusing Germans and  
Austrians of atrocities.  
R. P. Stegler confessed details of  
German passport frauds in U. S.

Feb. 25, 1915.  
Germans besieged Ossowetz.  
Russians split Austrian army in  
Carpathians and again invaded  
Bukovina.  
Four forts at entrance of Dar-  
danelles reduced by allied fleet.  
British steamer Western Coast  
lost in the channel.

Feb. 26, 1915.  
French made gains on the Meuse.  
Battle in East on 260-mile front.  
Germans retired in Przemysl re-  
gion but captured 11 Russian gen-  
erals in Mazurian lakes battle.  
Botha took command of British  
troops for invasion of German  
Southwest Africa.  
Inner forts of Dardanelles bom-  
barded.  
French destroyer Daguer hit Aus-  
trian mine.  
Allies blockaded coast of German  
East Africa.

Feb. 27, 1915.  
Germans retired on north of  
Eastern front and Russians recap-  
tured Przemyśl.  
German battalion annihilated on  
the Bobr.  
Russians advanced in Galicia, re-  
taking Stanislaw and Kolomea.  
Forty allied warships penetrated  
Dardanelles for 14 miles.  
American steamer Dacia seized  
by French cruiser.  
French aviators bombarded Metz  
and Germans dropped bombs on  
Nieuport.

Food Minimum.  
The irreducible minimum for living  
expenses seems to have been attained  
by Roger Crab, the hermit, who lived  
at Ickenham, near Uxbridge. About  
1641 he began to restrict himself to a  
vegetarian diet, avoiding even butter  
and cheese. From roots he got a diet  
consisting chiefly of broth made from  
turnip leaves and thickened with bran,  
and he finally resorted to dock leaves  
and grass, with a bran pudding as an  
occasional delicacy. He drank nothing  
but water, and lived on three far-  
things a week until he died in 1680, as  
the age of sixty.—London Chronicle.

Had Sultan's Indorsement.  
Extract from a Turkish newspaper:  
"His serene highness has been pleased  
to watch the eclipse, and has directed  
the lord chamberlain to express his  
entire satisfaction with the magnifi-  
cent performance."—Tit-Bits.

Easy to Get Line on Him.  
Fond Father—"I hardly know what  
business to put my son in, I know  
practically nothing about his ability."  
Friend—"Take him for a sea voyage.  
That will show what there is in him."  
—Philadelphia Record.

# A Woman's Problem

## How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a  
woman's existence, and neglect of health at this time invites  
disease and pain. Women everywhere should remember  
that there is no other remedy known to medicine that will  
so successfully carry women through this trying period as  
Lydia E. Pinkham's Vegetable Compound, made from  
native roots and herbs. Read these letters:—



Philadelphia, Pa.—"I started the Change of Life  
five years ago. I always had a headache and back-  
ache with bearing down pains and I would have  
heat flashes very bad at times with dizzy spells and  
nervous feelings. After taking Lydia E. Pinkham's  
Vegetable Compound I feel like a new person and  
am in better health and no more troubled with  
the aches and pains I had before I took your won-  
derful remedy. I recommend it to my friends for I  
cannot praise it enough."—Mrs. MARGARET GRASS-  
MAN, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's  
Vegetable Compound, for nervousness and dyspepsia, when I was  
going through the Change of Life. I found it very helpful and I  
have always spoken of it to other women who suffer as I did and  
have had them try it and they also have received  
good results from it."—Mrs. GEORGE A. DUNBAR,  
17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the  
Change of Life started with me and I took Lydia  
E. Pinkham's Vegetable Compound, or I think I  
should not have got over it as easy as I did. Even  
now if I do not feel good I take the Compound  
and it restores me in a short time. I will praise  
your remedies to every woman for it may help  
them as it has me."—Mrs. E. KISSLING, 931 East  
24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's  
suffering as has Lydia E. Pinkham's Vegetable Compound.  
Women may receive free and helpful advice by writing the Lydia  
E. Pinkham Medicine Co., Lynn, Mass. Such letters are received  
and answered by women only and held in strict confidence.

Many Leap Years in Century.  
The modern woman, supposedly an  
adjunct of the twentieth century, will  
have ample opportunity along one cer-  
tain line as this hundred years will  
contain the greatest possible number  
of leap years, 24.

RECIPE FOR GRAY HAIR.  
To half pint of water add 1 oz. Bay Rum, a  
small box of Barbo Compound, and 4 oz. of  
glycerine. Apply to the hair twice a week  
until it becomes the desired shade. Any drug-  
gist can put this up or you can mix it at  
home at very little cost. It will gradually  
darken streaked, faded gray hair, and re-  
moves dandruff. It is excellent for falling  
hair and will make hair soft and glossy.  
It will not color the scalp, is not sticky or  
greasy, and does not rub off.—Adv.

The stool pigeon is the cheapest of  
all conscienceless crooks.

To Prevent The Grip  
Colds cause Grip—Largely from Quinine  
quinine. There is only one—Bromo  
Quinine. R. W. GROVES' signature on box. 25c.

Constantinople was founded in 330  
A. D.

## AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now  
blessed with robust health cannot un-  
derstand why thousands of other wom-  
en continue to worry and suffer from  
ailments peculiar to women when they  
can obtain for a trifling sum Dr.  
Pierce's Favorite Prescription which  
will surely and quickly banish all  
pain, distress and misery and restore  
the womanly functions to health.

This prescription of Dr. Pierce's has  
caused rheumatism, "Anuric" acts  
extracted from roots and herbs is a tem-  
perance remedy.  
To get rid of irregularities, or cat-  
arrhal condition, to avoid pain at cer-  
tain times, to overcome irritability  
and weakness, waste no time, but get  
Dr. Pierce's Favorite Prescription in  
liquid or tablet form this very day.

Habit.  
"Does he pay his alimony  
promptly?"  
"No, I have as much trouble in  
getting money out of him as if I were  
married to him."—Judge.

Important to Mothers  
Examine carefully every bottle of  
CASTORIA, a safe and sure remedy for  
infants and children, and see that it  
bears the  
Signature of *Dr. J. C. Fletcher*  
In Use for Over 30 Years.  
Children Cry for Fletcher's Castoria

It's a smart baby that knows how to  
make crying pay dividends.

## "ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor  
Pierce, head of the Invalids' Hotel,  
Buffalo, N. Y. Experiments for sev-  
eral years proved that there is no  
other eliminator of uric acid compa-  
rable. For those easily recognized  
symptoms of inflammation—as back-  
ache, scalding urine and frequent ur-  
ination, as well as sediment in the  
urine, or if uric acid in the blood has  
caused rheumatism, "Anuric" acts  
quickly. In rheumatism of the joints,  
in gravel and gout, invariably the  
pains and stiffness which so frequently  
and persistently accompany the dis-  
ease rapidly disappear.

Send Dr. Pierce 10c for large trial  
package. Full treatment 50c. All  
druggists.

Not Attractive.  
Howell—What do you think of that  
girl?  
Powell—She is one of the reasons  
why men don't leave home.—Judge.

Piles Relieved by First Application  
And cured in 6 to 10 days by PAIN EXPELLER,  
the universal remedy for all forms of Piles. Druggists  
refund money if it fails. 50c.

J. S. Dawkins, aged fifteen, con-  
ducts revival meetings in New York.

Dr. Pierce's Pleasant Pellets are the  
original little liver pills put up 40 years  
ago. They regulate liver and bowels.—Adv.

The mills of the gods seldom shut  
down for repairs.

## Write Us a Postal Card Today

Just say:—"Please send me free full information how I can ob-  
tain a complete set of Oneida Community Par Plate Silver-  
ware free by saving the trade mark signatures from packages of

## SKINNER'S MACARONI and SPAGHETTI PRODUCTS

We will answer by return mail and, in addition, will send you a  
beautiful 36 page book of recipes. Skinner's products are the  
highest quality and help you cut down wonderfully on meat bills.

SKINNER MANUFACTURING CO.  
The Largest Macaroni Factory in America Omaha, U. S. A.